

Baked Spicy Fish

Yield: 4 servings, 3 ounces each

Ingredients:

1 lb. Cod fillets, fresh or frozen

¼ tsp paprika

¼ tsp garlic powder

¼ tsp onion powder

⅛ tsp pepper

⅛ tsp ground oregano

⅛ tsp ground thyme

1 Tbsp lemon juice

1½ Tbsp soft margarine, melted

Instructions:

1. Thaw frozen fish according to package directions.

2. Preheat oven to 350 degrees.

3. Separate fish into four fillets or pieces. Place fish in un-greased 13- by 9- by 2-inch baking pan.

4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl.

Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.

5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.